

# Enchilada Rice

**Makes:** 6 servings

Add your favorite vegetables and any lean ground meat to create this easy dish.

## Ingredients

- 1 pound** lean ground beef (or other ground meat)
- 1/2 cup** onion (chopped, or 1 Tbsp onion powder)
- 1 can** whole corn (14 ounce, or any canned vegetable, drained)
- 4 tablespoons** taco seasoning mix (dry, or dry enchilada sauce)
- 2 cups** rice, cooked
- 1/2 cup** cheese (grated)
- 1/2 cup** mushrooms, olives or any favorite vegetable (sliced, optional)

## Directions

1. Cook meat and onion until onion juices are clear.
2. Drain juice and fat from cooked meat and onions.
3. Add corn, taco seasoning, and rice.
4. Simmer for 10 minutes.
5. Add grated cheese to top; cover and let set for 5 minutes.
6. Refrigerate leftovers within 2 hours.

Oregon State University Cooperative Extension Service, Pictorial Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

### Nutrition Information

| Nutrients                 | Amount        |
|---------------------------|---------------|
| <b>Calories</b>           | <b>230</b>    |
| <b>Total Fat</b>          | <b>5 g</b>    |
| Saturated Fat             | 2 g           |
| Cholesterol               | 40 mg         |
| <b>Sodium</b>             | <b>530 mg</b> |
| <b>Total Carbohydrate</b> | <b>29 g</b>   |
| Dietary Fiber             | 2 g           |
| Total Sugars              | 3 g           |
| Added Sugars included     | N/A           |
| <b>Protein</b>            | <b>20 g</b>   |
| Vitamin D                 | N/A           |
| Calcium                   | N/A           |
| Iron                      | N/A           |
| Potassium                 | N/A           |

N/A - data is not available